

Clay Madsen Recreation Center Pool Schedule: Winter/Spring 2015

(Effective 1/20/2015)

	Sunday 10:30-5:30pm	Monday 5:30-9:30pm	Tuesday 5:30-9:30pm	Wednesday 5:30-9:30pm	Thursday 5:30-9:30pm	Friday 5:30-8:30pm	Saturday 7:30-6:30pm													
5:00 AM		Aqua S-Wet (3 lanes) 5:30-6:20		Aqua S-Wet (3 lanes) 5:30-6:20		Aqua S-Wet (3 lanes) 5:30-6:20														
5:30 AM																				
6:00 AM		Lap Swim 6:30-8:20		Lap Swim 6:30-8:20		Lap Swim 6:30-9:20														
6:30 AM						Lap Swim 7:30-7:50														
7:00 AM							Swim Lessons (3 lanes) 8:00-11:50													
7:30 AM		D.A.F. 8:30-9:20		D.A.F. 8:30-9:20																
8:00 AM		Aqua Fit 9:30-10:20	Aqua Tone 9:30-10:20	Aqua Fit 9:30-10:20	Aqua Tone 9:30-10:20	Aqua Fit 9:30-10:20														
8:30 AM																				
9:00 AM																				
9:30 AM	Lap Swim 10:30-11:50	Lap Swim 10:30-4:20pm	Aqua Energizer 10:30-11:20		Aqua Energizer 10:30-11:20	Lap Swim 10:30-2:50pm	Open Swim 12:00-2:50pm													
10:00 AM																				
10:30 AM	Lap Swim 11:30-4:20pm						Lap Swim 11:30-4:20pm													
11:00 AM																				
11:30 AM																				
12:00 PM	Lap Swim 3:00-5:30pm					Open Swim 3:00-3:50pm														
12:30 PM																				
1:00 PM						Lap Swim 4:00-8:30pm														
1:30 PM	Swim Lessons (2 lanes) 4:30-5:50pm		Swim Lessons (2 lanes) 4:30-5:50pm	Swim Lessons (2 lanes) 4:30-5:50pm	Swim Lessons (2 lanes) 4:30-5:50pm															
2:00 PM																				
2:30 PM	Aqua Power 6:00-6:50pm	Aqua Zumba 6:00-6:50pm	Aqua Zumba 6:00-6:50pm	Aqua Tabata 6:00-6:50pm	Aqua Zumba 6:00-6:50pm															
3:00 PM																				
3:30 PM	Lap Swim 7:00-9:30pm	Aqua Power 7:00-7:50pm	Swim Lessons (2 lanes) 7:00-7:50pm	Aqua Power 7:00-7:50pm	Aqua Power 7:00-7:50pm															
4:00 PM																				
4:30 PM	Lap Swim 7:00-9:30pm	Lap Swim 8:00-9:30pm	Lap Swim 8:00-9:30pm	Lap Swim 8:00-9:30pm	Lap Swim 8:00-9:30pm															
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10:00 PM																				

Schedule is subject to change. Please refer to Fall-Winter-Spring 2014-2015 Program Guide for specific Swim Lesson dates.

Please see CMRC front desk team for Group & Aqua Exercise Rules & Guidelines.

One lane will always be available to lap swimmers. Please be prepared to share a lane.

CMRC Pool closes 30 minutes prior to Rec Center closing.